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MAR 30 2009

The Claims

Claims 1 to 32 (Cancelled).

33. (Currently amended) A leg exercise device having:

a ~~relatively~~ rigid base;

two first separately sealed variable volume chambers mounted on or partially defined by the base;

two second separately sealed variable volume chambers mounted on or partially defined by the base;

a volume of fluid less than the combined maximum volume of the first and second chambers being located in each pair of first and second chambers;

two first surfaces, each sized and located to receive a respective first part of each of a user's feet and convey compressive force between the first part and a respective first chamber, and

two second surfaces, each sized and located to receive a respective second part of each of a user's feet and convey compressive force between the second part and a respective second chamber, and

a valve;

at least one passageway interconnecting each of said chambers with said valve;

said valve having first and second states, wherein:

when in the first state the valve isolates first chambers from second chambers and links, via respective passageways, the first chamber provided for one foot with the first chamber provided for the other foot and links, via respective passageways, the second chamber provided for one foot with the second chamber provided for the other foot, and

when in the second state the valve isolates chambers of one foot from the chambers of the other foot and links, via respective passageways, the first chamber provided for one foot with the second chamber provided for the one foot and, via respective passageways, links the first chamber provided for other foot with the second chamber provided for the other foot.

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- 34. Cancelled.
- 35. Cancelled.
- 36. (Currently amended) The device of claim 33 wherein each of said first surfaces includes at least part of ~~at least one of the~~ respective first chambers.
- 37. (Currently amended) The device of claim 33 wherein each of said second surfaces includes at least part of the respective second chambers.
- 38. (Previously presented) The device of claim 33 wherein at least part of one of the first and second chambers is defined by a flexible wall or membrane.
- 39. (Previously presented) The device of claim 38 wherein the flexible wall membrane is formed of an elastic material.
- 40. (Previously presented) The device of claim 38 wherein the flexible membrane is formed of a substantially inelastic material.
- 41. (Previously presented) The device of claim 33 further including at least one flexible membrane attached to the base, the base and at least part of the at least one flexible membrane defining at least one first chamber.
- 42. (Previously presented) The device of claim 41 wherein the at least one flexible membrane defines at least one first chamber and at least one second chamber.
- 43. (Previously presented) The device of claim 41 wherein the base has a recess for each chamber.
- 44. (Previously presented) The device of claim 41 wherein the base has a substantially non-recessed surface on which the flexible membrane is mounted.
- 45. (Previously presented) The device of claim 41 wherein the flexible membrane is secured to the base with at least one clamp.
- 46. (Previously presented) The device of claim 41 wherein the at least one passageway includes at least one recesses in a surface of the base.
- 47. (Previously presented) The device of claim 33 wherein the at least one passageway includes at least one external tube communicating one chamber with said valve.
- 48. (Previously presented) The device of claim 33 wherein the base includes first and second portions mounted to each other about a hinge line.
- 49. (Currently amended) The device of claim ~~33-48~~ wherein ~~both~~ said first and

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second portions each include one first and one second chamber.

50. (Previously presented) The device of claim 33 including at least one opening to at least one chamber through which fluid may be selectively introduced into or removed from the chamber.

51. (Previously presented) The device of claim 33 wherein the resistance to fluid flow between the first and second chambers is the same in both directions.

52. (Cancelled).

53. (Cancelled).

54. (Cancelled).

55. (Previously presented) The device of claim 33 including at least one mounting for attachment of the device to another object.

56. (Previously presented) The device of claim 33 wherein the base comprises a footrest for one or two of a user's feet.

57. (Cancelled).